

Alcohol and Depression

# *Steve's Path to a Better Life*



## Acknowledgments

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# Alcohol and Depression

## *Steve's Path to a Better Life*



STEVE



STEVE'S WIFE, AMY



STEVE'S MOTHER



STEVE'S SON TIM



STEVE'S OTHER CHILDREN



STEVE'S FRIEND BOB



STEVE'S OTHER FRIENDS



BOB'S WIFE



STEVE'S BOSS



TIM'S TEACHER



STEVE'S COUNSELOR



STEVE'S PSYCHIATRIST



AMY'S FRIEND



10:00 P.M.

He's drinking again! Amy should be home soon, and there's going to be an argument! Nobody wants any more shouting in this house. What a bad example for the kids.

I wish that I could get some sleep. I'm tired of dealing with so many problems and feeling down.



Hi, honey. How was work?

If you cared, you wouldn't waste money on that crap you drink.

Calm down. So now you're going to start with your nagging? So what? I can't have a drink? It's the only good thing I have to take my mind off things.

I wish it was only one! You don't stop until you finish the whole case of beer!



I'm leaving then! I can't do anything with you around.

You can't do what, Steve? What? Drink until you pass out drunk right there, in front of the kids?

Here we go again. More shouting and fighting. Don't they think about the kids and their marriage?



3:00 A.M.

A few hours later...  
Steve is at Bob's house.

Don't you guys think you've had enough? You've woken up the kids several times with your laughing. Bob, that's enough. I need to sleep, and you need to go to work in a few hours!

Ha ha. What if I had hung out with my angry, boring wife? I wouldn't have beaten you all! How about a rematch?

Stop complaining, woman! We're playing our last hand!







I should keep calm, it'll be fine.  
I only had a couple drinks.

8:00 A.M.

This is a huge mess. I'm going to be fined. My license will be taken away. Amy, the kids... ahh! It's 8 A.M. already. This time my boss isn't going to forgive me!



He's probably somewhere sleeping off his drunkenness! And, on top of everything, now I'm going to be late for my second job.



11:00 A.M.



This court orders the suspension of your license for six months. Because this is your second driving while intoxicated offense, I order you to enroll in a treatment program and attend a support group of your choice. You are on probation for two years and cannot drink as part of your probation. You will have to pay a fine of \$1,000 related to this offense.\*

\*Penalties, jail time, and fines vary by jurisdiction.

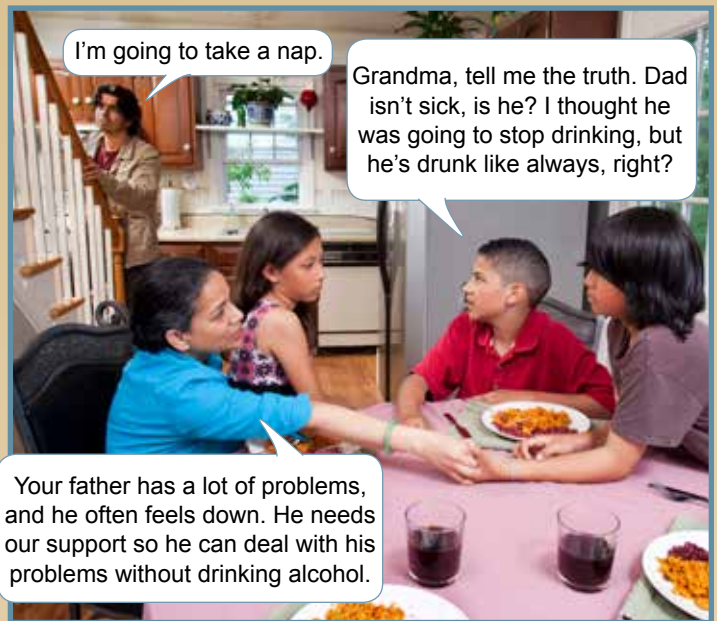




Steve, what happened to you?!

She had to take a second job, which started today.

Nothing. Where is Amy?



I'm going to take a nap.

Grandma, tell me the truth. Dad isn't sick, is he? I thought he was going to stop drinking, but he's drunk like always, right?

Your father has a lot of problems, and he often feels down. He needs our support so he can deal with his problems without drinking alcohol.

1:30 P.M.  
A few weeks later...



Son, do you want lunch?  
It's ready!

The only thing I really want is to die! I'm good for nothing! I don't have a job. I don't have the money for these fines. I can't drive. Amy hates me. My kids don't respect me! I don't even remember driving the car the night I got the DUI. I want a drink.

Steve, please don't let the kids find you in bed when they come home from school. Aren't you embarrassed? What kind of example are you setting for them? Look for a job! I can't pay all our bills. Have you started going to treatment like the judge ordered you to do? How much is that going to cost?



3:30 P.M.

Stop nagging! I called one of the places on the list the judge gave me, and they charge only what you can pay so it won't be so hard on us financially.





**Days later, at a group session...**

I lost my wife, my kids, my job, my money, and almost my life because of my alcohol problem. I was in prison because I hit and injured someone—almost killed him—while driving drunk. But now I haven't had a drink in five weeks. My life is so much better.

Hmm. That sounds awful. What am I doing to my family? I lost another job. I lost my license. My kids are disgusted with me. And sometimes I don't remember that I had been driving—I could kill somebody, too.



**Meanwhile, at Tim's school...**

I want to let you know Tim is failing two important classes. These next months might be his only opportunity to get better grades. Is everything okay at home?



**A few days later...**

Hey Steve, we're going to buy some beer, then we're going to Joe's place. How about a game of cards?

I don't know. I'm feeling kind of out of it.



No, not tonight. I have too much on my mind.

Don't tell me that this group of yours has converted you! Stop your whining!



Two weeks later... Steve keeps attending treatment sessions.



I don't understand why I have felt so unmotivated and tired for so long. Why can't I feel good? I've missed out on so much—my kids' soccer games, family outings...





After several weeks, Steve finally speaks to the group for the first time. He has accepted that he has a chronic illness—alcohol use disorder.



Weeks later...

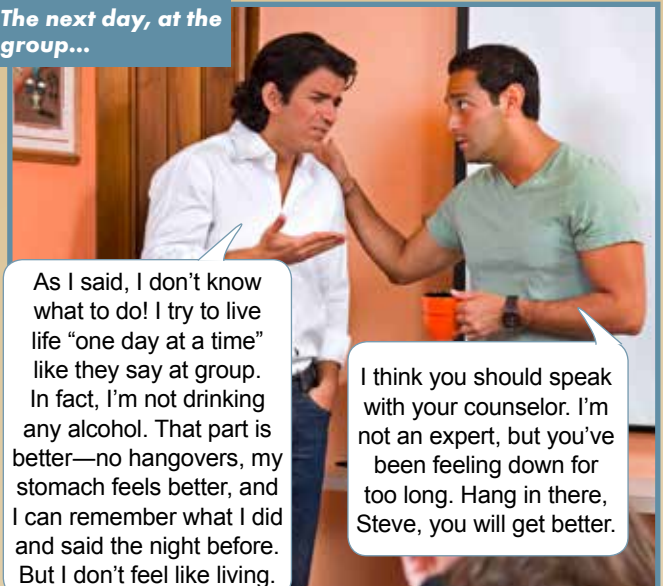




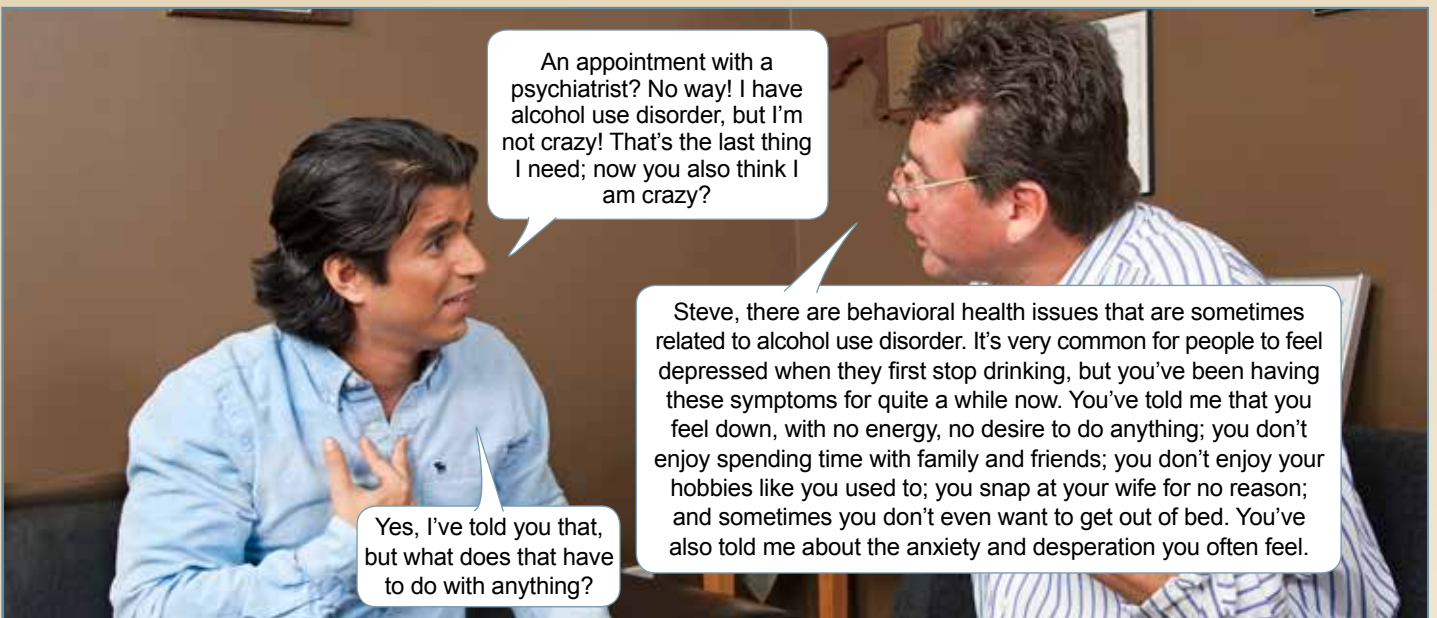
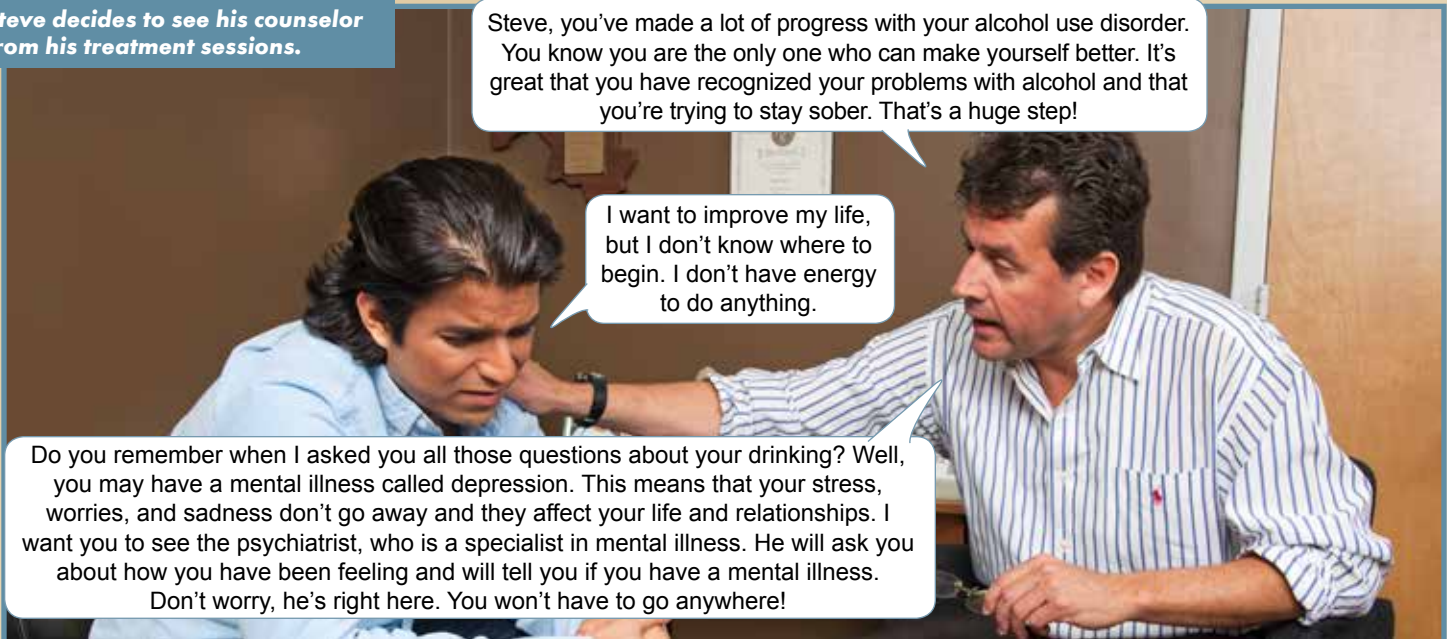
**Steve's family comes home from a religious service.**



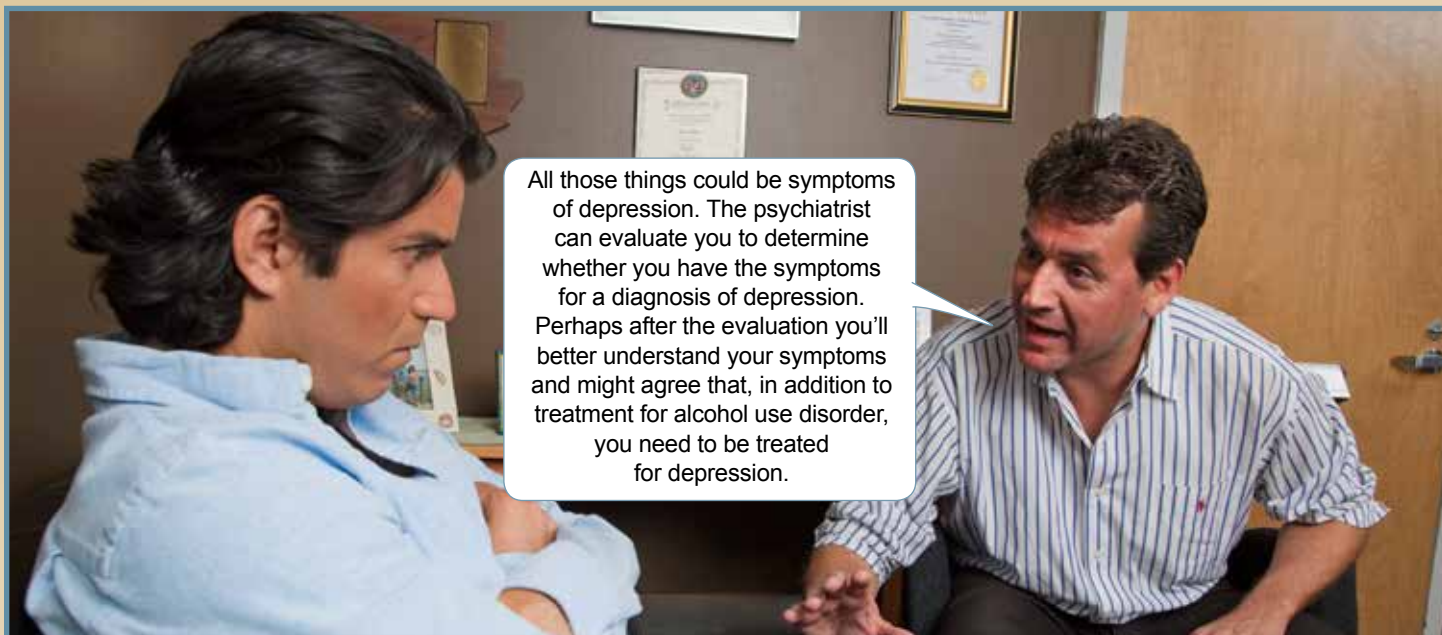
**The next day, at the group...**



**Steve decides to see his counselor from his treatment sessions.**







All those things could be symptoms of depression. The psychiatrist can evaluate you to determine whether you have the symptoms for a diagnosis of depression. Perhaps after the evaluation you'll better understand your symptoms and might agree that, in addition to treatment for alcohol use disorder, you need to be treated for depression.



Read this pamphlet. It'll help you understand what depression is. You can ask me questions after you read it. You told me that right now you are not thinking about wanting to die or hurt yourself. However, there is a number in the brochure you can call 24 hours a day to get confidential counseling if you ever feel that way and you can't reach me or come to the clinic. If you decide to see the psychiatrist, just call me to make an appointment. It's your decision, but you should know that treatment will help you feel much better. In any case, come see me again in two days, instead of next week.

**A few days later, Steve has just returned home from work. He sits with the bedroom door closed and reads the pamphlet on depression.**



That's exactly how I feel! Could my counselor be right? I have nothing to lose by talking with the psychiatrist.



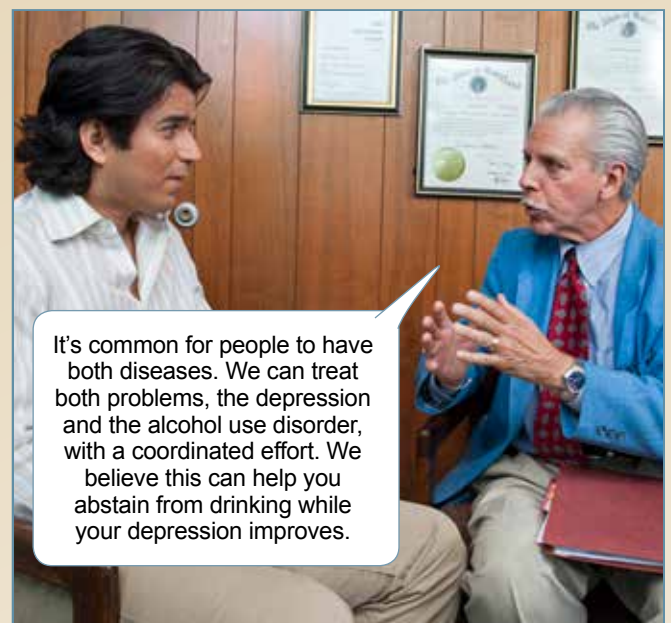
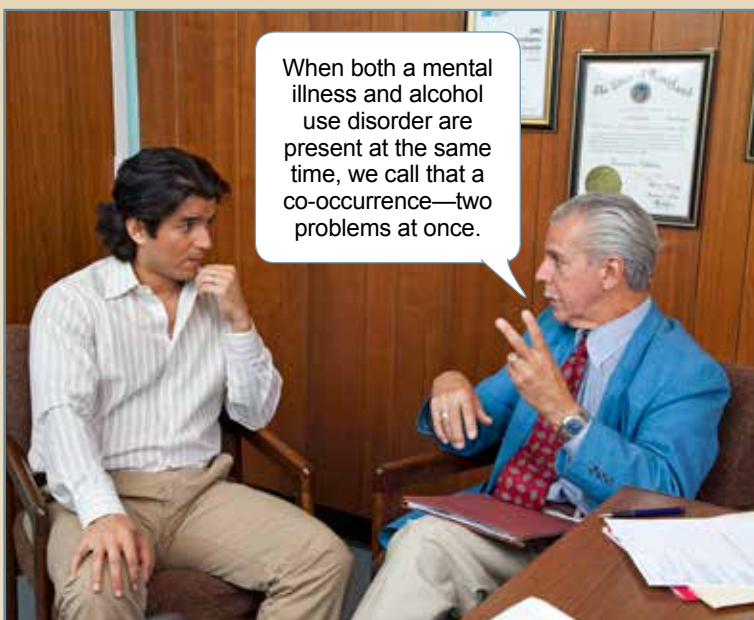
I'm calling because... uh... I want to talk to that doctor you told me about.

I'm happy you've decided to talk to the psychiatrist. You won't regret it! I'll call you back to let you know when your appointment will be.





**The day of the appointment with the psychiatrist.**







After a few weeks...



Months later, Steve and Amy visit his counselor together.







**Steve has recuperated, and the family is watching sports on TV together.**



**The End**



# RESOURCES

## SAMHSA Resources

Behavioral Health Treatment Services Locator  
<https://findtreatment.samhsa.gov>



National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



National Suicide Prevention Lifeline (Español)  
[www.suicidepreventionlifeline.org/gethelp/spanish.aspx](http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx)  
1-888-628-9454

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Many KAP consumer publications are also available for download from the SAMHSA Store in additional languages: Cambodian (Khmer), Chinese, Korean, Russian, Spanish, and Vietnamese.

## OTHER RESOURCES

Al-Anon Family Groups  
[www.al-anon.org](http://www.al-anon.org)

MentalHealth.gov  
<http://mentalhealth.gov>

Alcoholics Anonymous  
[www.aa.org](http://www.aa.org)

National Alliance for Hispanic Health  
[www.hispanichealth.org](http://www.hispanichealth.org)

Mental Health America  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

National Association for Children of Alcoholics  
[www.nacoa.org](http://www.nacoa.org)

